

Pork Pizzaiola

Ingredients

- 1tsp salt
- 1tsp black pepper
- 1½lbs pork cut into ¾" chunks
- 3tbsp oil
- 2 cloves crushed garlic
- 1tsp dried basil
- 1tsp dried thyme
- 1 bay leaf
- 3fl oz dry red wine or dark stock
- 15oz can tomatoes, drained and finely chopped
- 2tbsp tomato puree
- 1½oz butter
- 1 medium green pepper, finely chopped
- 1 medium onion, sliced in rings
- 8ozs button mushrooms (optional)
- 1½tbsp corn flour



Method

1. Rub salt and pepper into both sides of the pork chops and set aside.
2. In a large frying pan heat the oil until hot, add the chops and brown for 3 minutes on each side. Remove with a slotted spoon and set aside.
3. Add the garlic, basil, thyme and bay leaf to the pan. Pour in the wine or stock and bring to the boil.
4. Add tomatoes and tomato puree. Return the pork chops to the pan and base thoroughly with the sauce.
5. Cover and simmer for 40 minutes, basting from time to time.
6. Meanwhile, melt the butter in a medium sized frying pan then add the peppers and onion.
7. Cook, stirring occasionally for 5-10 minutes. Add the mushrooms, if used, and cook for a further 2-3 minutes.
8. Add the vegetables to the chop mixture. Thicken the sauce using the cornflour, dissolved in a little water, and continue to cook for a further 15 minutes.
9. Serve with boiled noodles.

NOTES

Serves 6.

Can also be used with steak.